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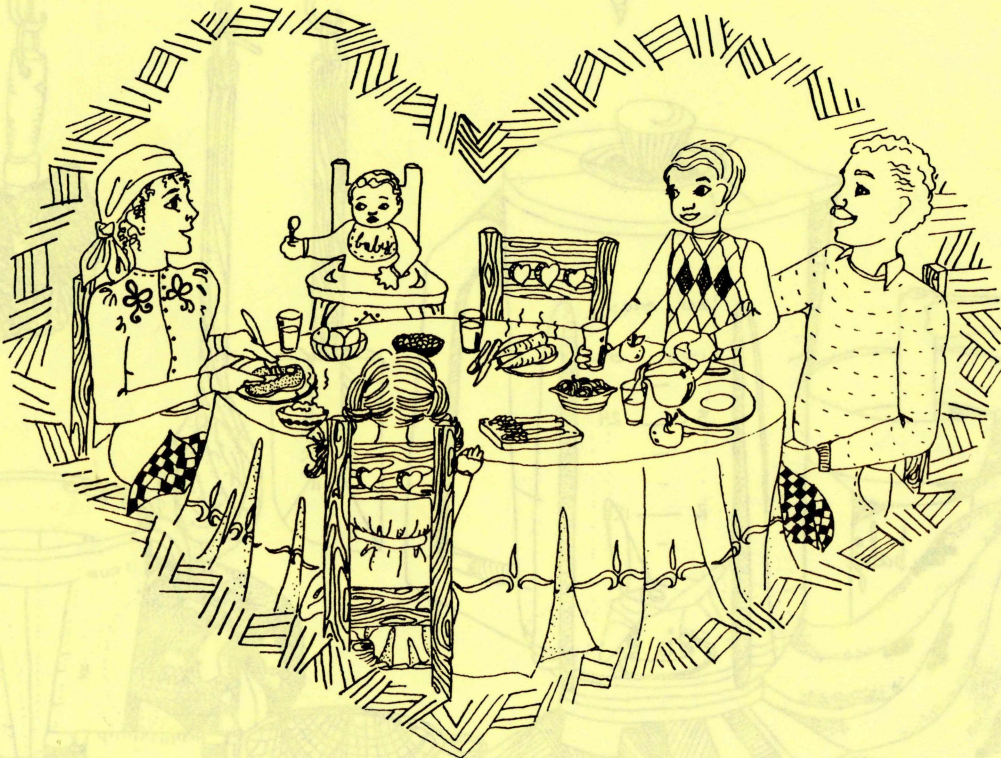
MISSOURI DEPOSITORY DOCUMENT





YOU HAVE NEW DECISIONS TO MAKE!

When your baby is 4 to 12 months old, your doctor, nurse or nutritionist will recommend starting your baby on semi-solid foods. This pamphlet answers some of the questions concerning this new stage in your baby's development.





## Schedule for Starting Semi-solid Foods

WHEN TO ADD FOODS	TYPE OF FOOD	SUGGESTED FOODS
4 to 6 months	cereals oven-dried toast (Without butter)	iron-fortified rice and oatmeal cereal (buy dry cereal)
5 to 7 months	fruits  vegetables	apricots, peaches, apples, very ripe bananas and carrots  peas, squash and spinach
6 to 8 months	meat and meat alternates	beef, liver, turkey, chicken, egg yolks (no gravy or salt)
9 to 12 months	finger foods  casserole combinations  new vegetables  egg white  boneless fish	cooked vegetables - green beans, carrot slices, broccoli; sliced meats, crackers, cheese cubes  macaroni and cheese, spaghetti, beans and rice, homemade soups and stews  asparagus, dried beans and peas, broccoli, cauliflower  egg custard, puddings

# Making Your Own Baby Food

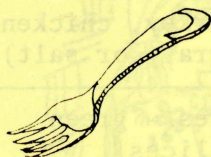
It is a simple, inexpensive way to feed your baby and can be just as easy to use as baby food in jars -- maybe even easier!

The following items are useful EQUIPMENT for making baby food, but really only a fork is necessary to get started.

*****		
Blender	Sharp Knife	Heavy Saucepan
Fork	Rubber Spatula	Steamer
Strainer	Vegetable Brush	Food Mill
Happy Baby Food Mill		
*****		

WAYS TO MAKE BABY FOOD -- You don't need to use all methods, just find one or two that will work for you.

## MASH



Use a fork to mash soft food. Ripe bananas and cooked foods with no skins or seeds can be used. Cooked apple, white or sweet potatoes, squash, carrots and egg yolks are easy to mash.

## SIEVE OR STRAINER

You can use a strainer or clean, fine mesh wire and spoon to push the food through. Repeat the process if results are lumpy.



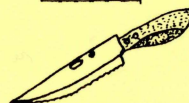
## FOOD MILL OR HAPPY BABY FOOD MILL



Cut the food into pieces. Put the cooked food through the food mill. (The skin and seeds will stay in the mill.)

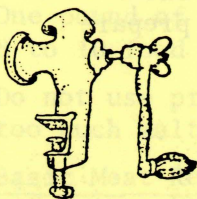
## CHOP

Foods can be finely chopped or scraped with a knife, then mixed with liquid.





## FOOD GRINDER

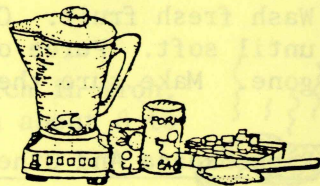


A food grinder can be used to grind up meats when the baby is ready for junior foods (about 9 to 12 months old).

Read the directions with your blender.

Put a little formula or orange juice or juice from the food you are making into the blender. Cut food into cubes and add to the juice. Blend to desired consistency. Use a rubber spatula to push food down to blades when motor is turned off. Using the blender is the easy and fast way to make baby food.

## BLENDER



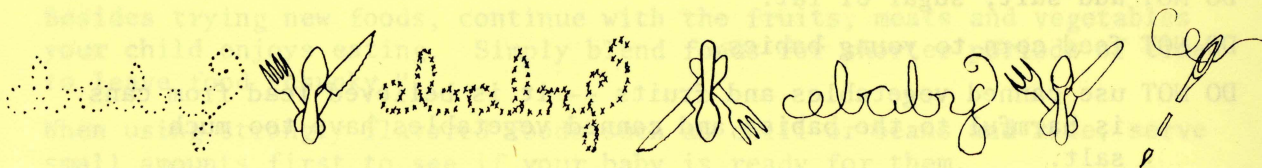
## HOW TO FREEZE BABY FOODS?

An easy way to freeze baby foods is in FOOD CUBES. Food cubes are a perfect size for smaller babies and a good way to introduce new foods.



- To make them:
1. Freeze baby foods in plastic ice cube trays.
  2. Pop out the frozen cubes and store in clean ziploc or plastic bags in the freezer for up to one or two months.

Food cubes are also handy for traveling or visiting. Since baby's food does not always have to be heated, thaw the cubes and feed at room temperature. As his or her appetite grows, use more cubes!





Now you are ready to start learning a few basic recipes. Try one recipe at a time . . . soon you will be comfortable enough to prepare larger amounts of food at the same time.

## Basic Recipes for Baby Foods

### FRUITS

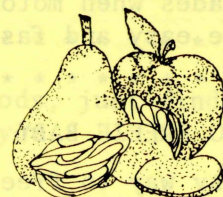
#### Cooked Fruits

Wash fresh fruit. Cook in a little bit of boiling water until soft. Puree or strain so all of the lumps are gone. Make sure there are no seeds or skin in the fruit.



#### Ripe Banana And Other Fresh Fruit

Ripe bananas have a brown skin with spots. Mash a little bit. Other fresh fruits can be cantaloupe, peaches, apricots, apples, pears, peaches, prunes -- prunes are especially good for constipated babies.



#### Frozen Fruits

Frozen unsweetened fruits purchased in bags can be slightly thawed, then blended and frozen in ice cube trays -- no need to cook them as long as equipment is clean and things are done quickly.

An 18-ounce bag of frozen fruits and vegetables will fill an ice cube tray.

### VEGETABLES

(See chart on page two for suggested foods)



To cook: Boil, Steam or Bake, then blend or mash.

If the baby foods are too thin, add Baby Rice Cereal, and if they are too thick, add fruit juices, formula, or juice from the cooked vegetables.

DO NOT add salt, sugar or fat.

DO NOT feed corn to young babies.

DO NOT use canned vegetables and fruits -- it is believed lead from cans is harmful to the babies and canned vegetables have too much salt.



## MEAT AND MEAT ALTERNATES

(Do not add salt or fat)

One pound of meat equals one and a half cups pureed (blended) meat, about 8 to 10 food cubes.

Do not use pre-cooked luncheon meats such as bologna or bacon because of too much salt and additives.

### Basic Meat Recipe

Half a cup finely cubed meat that is well-cooked, and 2 tablespoons (more or less) formula or unsalted meat broth.

### Liver

Liver is the easiest meat to blend. It also is very rich in iron. Steam liver in a small amount of water in a covered pan about 8 to 10 minutes and blend.



### Hard-Cooked Egg

Put a fresh egg in water. Bring water to a boil. Turn off the heat and let the egg sit in the hot water 20 minutes. Remove the cooked yolk and mash with a fork.



### Egg Custard

Put one egg yolk, 1/4 cup milk, and 1 teaspoon sugar in a pan. Stir over medium heat until mixture is thick.

\* \* \* \* \*

## FINGER FOODS FOR THE TEETHING INFANT

Hard bread roll or toast (without butter)

Chicken drumstick (remove gristle)

Peeled apple or banana pieces

Avoid using sweet cookies, cakes, pretzels and pastries for the teething infant. Children will learn to eat sweets soon enough as they grow up.

## JUNIOR FOODS

As your baby approaches 9 months of age, junior foods can be introduced (see page two for new foods to try).

Besides trying new foods, continue with the fruits, meats and vegetables your child enjoys eating. Simply blend foods for shorter periods of time to leave food "chunky."

When using strongly flavored foods such as chili or beans and rice, serve small amounts first to see if your baby is ready for them.



If you decide to BUY BABY FOOD already prepared, there are a few things to know:

1. It is best to buy strained fruits, strained vegetables, strained meats. This way you know what you are feeding your baby.
2. Read the labels on jars, cans and boxes, especially the words following "Ingredients."

Example:



INGREDIENTS:

BEEF AND  
BEEF BROTH

What is inside the jar is listed in order of the largest amount to the smallest amount.

(Vegetables with meat dinners can have as little as 10% meat so it is not a source of meat.)

There is more beef than water.

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**MISSOURI DEPARTMENT OF HEALTH**  
**Special Supplemental Food Program**  
**for Women, Infants and Children (WIC)**  
Jefferson City, MO 65102-0570

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